



PARENT TRUST

FOR WASHINGTON CHILDREN

2020 – 2021 Impact Report



Babies Can't Wait

Dear Parent Trust Families and Partners,

The last 18 months have been heartbreakingly difficult.

In the middle of all the pain and confusion of the global pandemic, I have witnessed large and small miracles that I continue to cherish at 3:00 in the morning when I wake up worrying.

- I think of the hundreds of parents who have called our Family Help Line and said, "*You are the only ones answering the phone!*"
- I think about the 18-year-old mom who got to keep custody of her children and brought her twin babies to her Parent Trust Zoom class.
- I think of the incredibly generous donor who said, "*Please let me help.*" and immediately gave critical funding to purchase laptops/hot spots so that our moms recovering from addiction could get online and stay clean and sober during a global pandemic.
- I think about the mom and dad who were both suffering from severe depression/anxiety who we connected to a doctor so that they could feel better and take care of their baby.
- I think of the couple who took their last online Parent Trust class in the hospital while they were in active labor - they did not want to miss a minute of their class!

I think of YOU. Your belief in the "magic of prevention" made these stories possible.

Frankly, believing in prevention does not get you a lot of awards or pats on the back - you do it because you believe that to make the world a better place we need to help and support families before they break apart.

Thank you for believing.

Our families and partners are amazing. Please stay well, stay strong. We need you more than ever. As we say at Parent Trust every day...

Babies can't wait. Kids can't wait. Families can't wait!

In deep gratitude,



Linda L. McDaniels, MSW
Executive Director



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Kids Can't Wait



"Parent Trust helps us all to care for each other and make our family healthier and happier."

"I like the freedom to talk about parenting challenges, no judgment, just support."

"I am walking away with so much. I am no longer as uneasy and scared as I was before."

"I felt support during a time of great need."

Family Help Line Services:

**59,000
Contacts**

How many times families relied on our services this year!

"I usually call around 4pm, when I am at the end of my rope. It always helps."

Our Family Help Line Program provides support via phone, email, text, social media, on our website, and through our statewide resource database.

Calls to our Family Help Line increased exponentially during the early months of the pandemic.



Parent Support Groups:

**2,600
Sessions**

Parent Education and Support Group Sessions this year!

"Group is my reprieve from the chaos that surrounds me."

Our professional Facilitators, and volunteer Parent Leaders facilitate groups that serve new parents, parents recovering from substance addiction, and parents overcoming homelessness.

Our groups meet on Zoom, in treatment centers, at community hubs - wherever parents need us!

In response to the pandemic we created a new, online, statewide group open to any parent, in any stage of recovery.

Expectant/New Parent Services:

Our Technology Access Program brought 60 family members online during the pandemic, providing laptops, broadband, and parent education and support to families-in-need.

Parents in our classes this year!

"I just really feel so much more prepared to welcome a new baby into our lives."

Our classes cover all aspects of labor, birth, and infant care and safety. We offer special classes for dads, adoptive families, those expecting multiples, and families preparing for siblings.

**4,100
Parents**



Child & Teen Services:

We also screen parents for Postpartum Depression/Anxiety - which has skyrocketed since the pandemic began.

SMART:
Stress
Management
& Relaxation
Training

K-12 Students attended a SMART class on Zoom!

*"My worries are so much smaller now!"
~3rd grade student*

Professionally conducted developmental and social emotional screenings for kids under 6, combined with one-on-one custom parent coaching sessions.

**1,400
Students**

**300
Sessions**

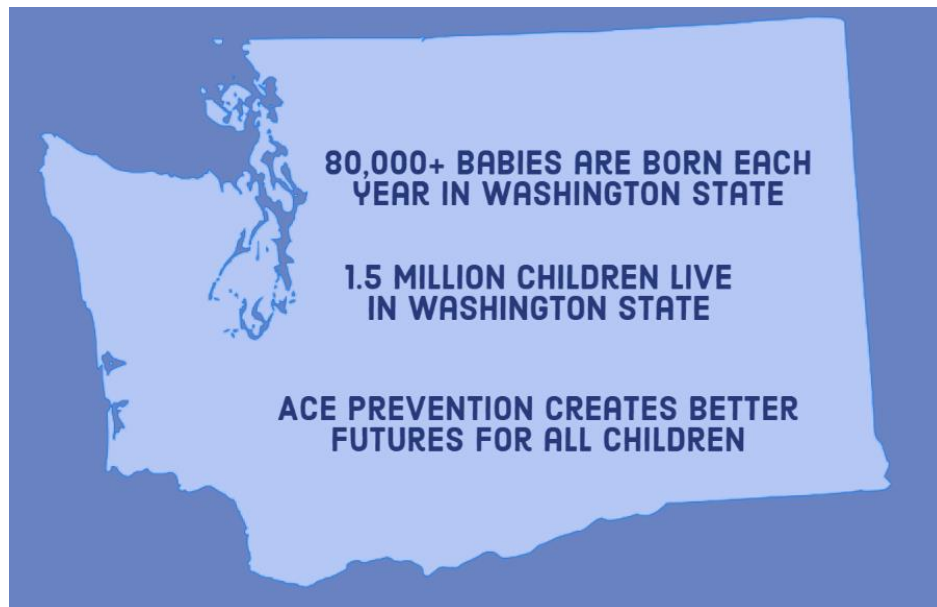
Families Can't Wait

Parent Trust is a statewide nonprofit dedicated to ensuring that every parent has the knowledge and skills they need to raise healthy, thriving children.

Our research-based programs prevent child abuse and neglect while ending the generational cycle of Adverse Childhood Experiences (ACEs). We help families build better futures – and keep kids out of foster care.

ACE Prevention Changes Lives

Adverse Childhood Experiences (ACEs) in the United States result in more than **\$100 billion dollars** in yearly medical and service costs. ACEs significantly increase a person's risk of health, social, and economic problems throughout their lives.



- The magic of prevention is based on 40 years of research on the specific types of parent education and supports (known as the Protective Factors) that keep children safe and families thriving even under difficult circumstances.
- Our programs are available to all families - because ACEs affect every family. Every parent deserves support, and preventing ACEs needs to be a priority for all families.
- We focus our outreach on families who face the cumulative effects of generations of battling ACEs on their own - parents recovering from addiction, parents with low income, and parents who experienced child abuse and neglect as children.

We believe in the magic of prevention – giving families the help and support they need **BEFORE** a crisis occurs.

2020 – 2021 Financials

Total Support and Revenue:

Government Contracts: 29%

\$ 335,532

Grants and Donations: 34%

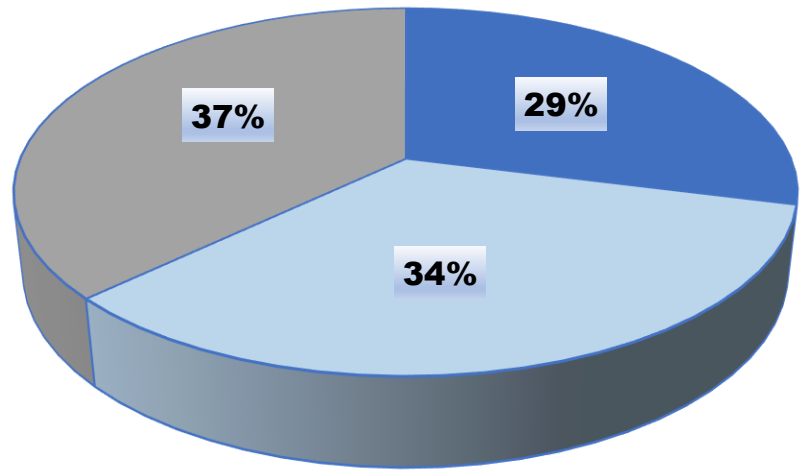
\$ 393,094

Program Service Income: 37%

\$ 429,576

Total:

\$1,158,202



Total Expenses:

Program Services: 78%

\$ 761,873

Management Expenses: 17%

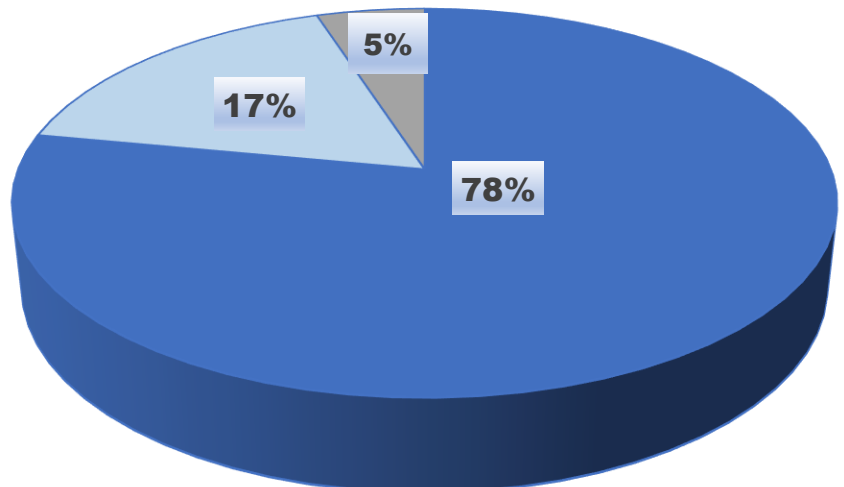
\$ 166,049

Fundraising Expenses: 5%

\$ 48,838

Total:

\$ 976,761



"My group taught me a lot about what to expect from my kids and I've actually learned how to be a parent."



'You were the first person I thought of to reach out to, and I'm so grateful for what you and the Parent Trust team do!'"

"Being connected with other parents makes me feel less alone. It has been a blessing and is a big part of my support system."

National and Local Affiliations:

Prevent Child Abuse America
Circle of Parents@ National Network
Children's Alliance
Child Welfare Advocacy Coalition
Family Resource Center Working Group
International Childbirth Education Association

United Way of Central Washington
United Way of Snohomish County
Washington State Department of Children,
Youth and Families
Washington State Health Care Authority

Campaigns and Publications:

Parent Trust is a nonprofit lead, working in partnership with the Washington State Department of Children, Youth, and Families, on these public service campaigns:

“Speak Up When You’re Down” – Postpartum Depression/Anxiety Awareness:

[English Brochure PDF>>](#)

[Video>>](#)

Providing critical information about postpartum depression/anxiety to new parents.

“Have a Plan” – Shaken Baby Syndrome Prevention:

[English Brochure PDF>>](#)

[Spanish Brochure PDF>>](#)

[Video>>](#)

Educating the public about preventing Shaken Baby Syndrome/Abusive Head Trauma.

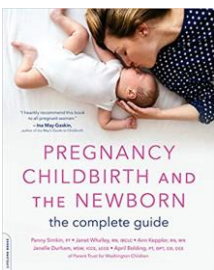
Infant Safe Sleep Campaign:

[More Information on Infant Safe Sleep >>](#)

Ensuring that all parents of infants receive lifesaving information on safe sleep for babies.

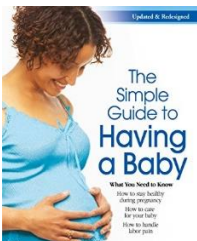
Books:

Available from our Amazon Associates Store



[**Pregnancy, Childbirth And The Newborn >>**](#)

Parents and medical providers love this best-selling comprehensive book because it puts all the latest information they need in one place.



[**The Simple Guide To Having A Baby >>**](#)

This simple guide is perfect for expectant parents who are short on time and want an easy-to-read book with concise, basic information.

Individual & Family Supporters 2020-21

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Thank you for supporting Parent Trust!

If we have inadvertently omitted your name, please accept our sincere apologies, and let us know by emailing information@parenttrust.org. We are so grateful to all our donors and supporters and do our best to produce an accurate report!

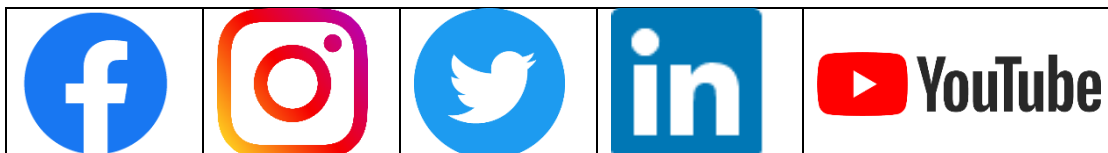
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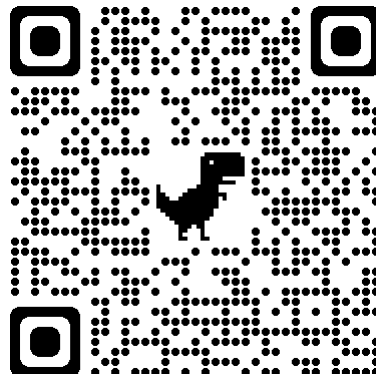
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donation to us.



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